

Milford Recreation Department

SUMMER

RECREATION GUIDE



2012



Milford Recreation Department

1 Union Square • Milford, NH 03055

Phone (603) 249-0625 • Fax (603) 673-2273

www.milfordrec.com

Recreation Department Staff:

Nicole Banks, Recreation Director
Heather Hoyt, Program Coordinator
Bonnie Cox, Administrative Coordinator
Gretchen Dunn, Pool Manager



JULY 4TH FAMILY FUN DAY & FIREWORKS

KEYES MEMORIAL PARK

SPONSORED BY MILFORD RECREATION COMMISSION

★ Patriotic Bike Parade & Contest 12pm ★

(Bring a decorated bike, stroller or wagon)

★ Field Activities 12-3pm ★

(hosted by DJ Dave Alcox)

★ Face Painting ★

(Keyes Pool Lifeguards)

★ Food Concessions ★

★ Pool Activities 2-5pm ★

(hosted by Keyes Pool Lifeguards)

★ Bands at Keyes Stage 6:00-9:30pm ★

★ Fireworks begin at dusk - Atlas Fireworks ★

PLEASE NO PETS • RAIN DATE: THURSDAY, JULY 5TH

REGISTER ONLINE FOR ALL YOUR SUMMER PROGRAMS

www.milfordrec.com

1. Go to www.milfordrec.com, click register.
2. Click on "login" in the upper right hand corner of the page.
3. Select "I would like to create an account" under the login information.
4. Enter all data for the main account holder first.
5. Click "Save & Continue" when completed.
6. Click "Add New Member" and enter data in for the next person in your family until you have completed your family account.
7. To register for an activity click on "Register" on the left side or top of this page.

If you have questions or need further assistance, please feel free to contact the Milford Recreation Department office.

Please join us for 1st Annual
Kids Carnival

Kaley Park Fundraiser

Saturday August 11th

11 AM – 2 PM

(Rain date Sunday August 12th)

Keyes Memorial Park, 45 Elm St.

Games • Goodies • Prizes

This is a family event, most of the games will be for preschool aged children through fifth grade but all are welcome! We will be raising money for Kaley Park! This event is open to Milford Residents and non-residents as well.

Come on down!

Hosted by: Heather Romeri,
Milford Recreation Commission

MILFORD RECREATION SUMMER 2012

FREE RECREATION EVENTS

Sounds On The Souhegan Summer Concert Series



All Ages. Milford Recreation Department invites you to join us each Wednesday during the summer for free public band concerts at Emerson Park, 7-8:30pm. In the event of rain, concerts will be moved indoors to the Town Hall Auditorium with the exception of 4th of July, rain date will be July 5th.

***Wednesday, July 4th – Rob Oxford, Country**

Wednesday, July 11th – Hollis Town Band, Town Band

Wednesday, July 18th – Amoskeag Strummers, Town Band

Wednesday, July 25th – Tropical Sensations, Steel Drum Band

Wednesday, August 1st – Bedford Big Band, Big Band

Wednesday, August 8th – Temple Band, Town Band

Wednesday, August 15th – The Bel Airs, Doo-wop

Wednesday, August 22nd – Amherst Town Band, Town Band

Wednesday, August 29th – American Legion Band, Big Band

***Keyes Park Stage 8:00-9:30pm**

July 4th Family Fun Day & Fireworks



All Ages. Milford Recreation Department presents an annual family fun day at Keyes Field. In the event of rain, festivities will be held on July 5th.

Festivities start at 12pm/Fireworks begin at dusk

- **Patriotic Bike Parade & Contest 12pm** - Bring a decorated bike, stroller or wagon
- **Field Activities 12-3pm** - hosted by DJ Dave Alcox
- **Face Painting** - by Keyes Pool Lifeguards
- **Food Concessions**
- **Pool Activities 2-5pm** - hosted by Keyes Pool Lifeguards
- **Bands at Keyes Stage 6:00-9:30pm**
- **Fireworks begin at dusk** - Atlas Fireworks

WALK NH Week June 1-7

Walk NH is a FREE program designed to promote walking in New Hampshire. Each person who participates will receive a log to record their walking. Each person who reaches their chosen goal will receive an 'I Walked NH' patch and a certificate signed by Governor John Lynch and First Lady Susan Lynch, MD. **Mission: To engage children and adults in walking and raise awareness of walking as a part of a healthy lifestyle. For more locations and towns participating click on www.walknh.org**

GUIDED WALK SCHEDULE

available at www.milfordrec.com

Kickoff - Friday, June 1st - 6pm @ Kaley Park

NH Great Park Pursuit



All Ages. The New Hampshire Great Park Pursuit is a challenge designed to help you and your family enjoy the recreation opportunities offered by state and municipal parks, forests and waterways. To participate you need a minimum two-member team (one adult 18 yr+ and one child under 18) and the desire to have a great time. Register at www.nhstateparks.org/whats-happening/great-park-pursuit/registration.aspx

GUIDED EVENT SCHEDULE

June 9th @ Wellington State Park

July 14th @ Pawtuckaway State Park

July 28th @ Keyes Memorial Park, Milford 10am-2pm

August 11th @ Odiorne Point State Park

BUS TRIPS

Hello Dolly @ North Shore Music Theater



Individuals & Families. When matchmaker, Dolly Levi is hired to arrange a marriage for the miserly half-a-millionaire, Horace Vandergelder, she finds him a perfect mate - herself! But first she must rejoin the race of life she stopped running when she was widowed and win the heart of her unsuspecting "husband-to-be". Filled with elaborate costumes, high energy choreography and brimming with joyful tunes, HELLO DOLLY! is a delectable treat for all ages. **Book your seat today - seats are limited to 13! Lunch at China Buffet prior to show is not included in cost.**

Thursday 6/21

\$68 per person

Depart 10:00am (Parking at municipal lot on Garden St.)

Lunch 11:45am

Matinee 2pm

Return 5:30pm

Squam Lake Narrated Cruise & Lunch at Common Man



Individuals & Families. Experience the beauty of Big Squam Lake on one of these guided tours to learn about the natural forces that created these lakes, the wildlife that makes them so special, and the people who have enjoyed these lakes for over 5,000 years. Board a canopied pontoon boat to discover Squam Lake's beauty and majestic features and observe Loon and Bald Eagles in their natural habitat. Includes lunch at the original Common Man. **Book your seat today - seats are limited to 13!**

Thursday 7/12

\$68 per person

Depart 9:00am (Parking at municipal lot on Garden St.)

Return 4:30pm

For more trips check www.milfordrec.com

MILFORD RECREATION SUMMER 2012

SUMMER VACATION WEEK PROGRAMS

LAX Clinic



Boys Ages 7-17. Join Milford HS Head Varsity Coach, Rick Urda & Darren Fleury for the basic fundamental skills of Lacrosse. Learn the latest techniques of the game, refine skills to improve your level of play. Strengthen team concepts and strategies. This program is ideal for the player determined to prepare for middle and high school level of play. Program will be held rain or shine. Must bring own LAX equipment (helmet, mouth guard, shoulder pads, arm pads, gloves, cleats and stick). **Adams Field, Osgood Rd.**

Register by June 29 and SAVE \$15!

Mon-Fri 9am-12pm 7/9-7/13 Res \$90/NRes \$95

Amazing Art Week



Grades 1-6. Engage kids in projects that help develop their creative streak. They will use different media from collages, watercolors, and wax-resist to printing and sculpture. **Town Hall Banquet Hall. Minimum requirement is 10 participants.**

Mon-Fri 7/16-7/20 Register by July 6 and SAVE \$15!
Half Day 9am-12pm Res \$140/NRes \$145
Full Day 9am-4pm Res \$245/NRes \$250

Girls Summer Science Week



Girls Grades 1-6. Allows girls to create their own bath and beauty products using chemistry to make lip balm, lotion, soap, bath salts, and fizzy tints. They will also delve into crafty natural science experiments and create great gadgets for girls. This program encourages creativity and scientific inquiry with high girl-power interest. **Town Hall Banquet Hall. Minimum requirement is 10 participants.**

Mon-Fri 7/30-8/3 Register by July 20 and SAVE \$15!
Half Day 9am-12pm Res \$140/NRes \$145
Full Day 9am-4pm Res \$245/NRes \$250



Drama Under The Sun Monkey Business

Ages 7-14. While on safari in Africa, some kids discover poachers stealing the chimpanzees that Jane Goodall loved so much. These ordinary kids turn into HEROS. They not only recover the monkeys, but save the wild life and folk tales besides! Have crazy fun with improvisation, script writing and creating a stage presentation outside in the sun at Emerson Park. **Instructor Roberta Woolfson. Town Hall 3rd Floor Auditorium & Emerson Park.**

Register by July 27 and SAVE \$15!

Monday-Friday 9am-12pm 8/6-8/10 Res \$115/NRes \$130

Gotta Groove Dance Week



Ages 7-12. Kids will participate in a one week dance program learning styles such as lyrical, jazz, and hip-hop. Come and rock out to your favorite songs, play games and much more! Bring snack, water and white T-shirt to decorate for the performance at the end of the week. Please wear comfortable clothes and dance shoes, or bare feet.

Instructor Leslie Drew. Town Hall 3rd Floor Auditorium. Limited to 10 participants.

Register by July 6 and SAVE \$15!

Mondays 12pm-3pm 7/23-7/27 Res \$95/NRes \$105

British Challenger Soccer Camp



First Kicks (Ages 3&4): Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Mini Soccer (Ages 5&6): Fun games, low key competitions and challenging skill-building activities will captivate and enlighten your young players.

Half Day (Ages 7-9): A three hour daily coaching program providing technical and tactical instruction in all areas of the game of soccer.

Host-A-Coach: A unique and truly rewarding part of the British Soccer Camp is our host family program. A coach will stay with a family for the duration of the camp week, usually Sunday evening through the following Saturday or Sunday. All host families will receive a rebate priced at \$80 towards the cost of the camp. Please contact the Milford Recreation Dept. for more details. **Keyes Park Soccer Field.**

Register by July 13 and SAVE \$15!

Mon-Fri 7/23-7/27 (all prices include a ball & tshirt)

Ages 3&4 First Kicks	Mon-Fri 9-10am	\$77
Ages 5&6 Mini Soccer	Mon-Fri 10:15-11:45am	\$99
Ages 7-9 Half Day	Mon-Fri 4-7pm	\$130

British Multi-Sport Camp



Ages 6-12. Motivate, Activate and Energize your child with Challenger Sports' new Multi Sports Program. Challenger's team of British coaches will give your boys and girls a memorable week of nonstop action, fun and competition. All with a British Twist! Activities will include: Tag Rugby, Cricket, Soccer, Rounders, Kickball, Netball and more!

Host-A-Coach: A unique and truly rewarding part of the British Multi-Sport Camp is our host family program. A coach will stay with a family for the duration of the camp week, usually Sunday evening through the following Saturday or Sunday. All host families will receive a rebate priced at \$80 towards the cost of the camp. Please contact the Milford Recreation Dept. for more details. **Keyes Park Soccer Field.**

Register by July 27 and SAVE \$15!

Mon-Fri 8/6-8/10 9-12pm Res \$130/NRes \$135

MILFORD RECREATION SUMMER 2012

SUMMER VACATION WEEK PROGRAMS

Lego Robotics Week



Grades 1-4. Building on fusion of kids and favorite stuff to do (we're talking Legos and computers), this action packed hands on program introduces kids to robotics programming. Kids will create bots with motors and sensors, which they can program on supplied computers. They will work on challenges to bring the best performances from their inventions. Activities will be grouped around themes which include Rube Goldberg machines, soccer playing, animals and high adventure. Apple beware...learn basic programming as you build and program models to perform simple automated tasks. Hands-on, action-packed robotics programming using motors and sensors. **Town Hall Banquet Hall. Minimum requirement is 10 participants.**

Mon-Fri	8/13-8/17	Register by August 3 and SAVE \$15!
Half Day	9am-12pm	Res \$140/NRes \$145
Full Day	9am-4pm	Res \$245/NRes \$250

FAMILY DANCE

Contra Dances



All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**

June	Fri	8pm	6/22	Adult \$7/Children 6-12 \$3.50
July	Fri	8pm	7/27	
Aug	Fri	8pm	8/24	

TODDLERS

Morning Toddler Tumbling



Ages 2-5. This 6 week summer class includes fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parents participation is required. **Instructor Leslie Drew. Town Hall 3rd Floor Auditorium. Limited to 10 participants.**

Register by June 29 and SAVE \$15!

Mondays	10:45am-11:15am	7/9-8/13	Res \$40/NRes \$42
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YOUTH PROGRAMS

5, 6, 7, 8! Dance Class



Ages 6-10. Children will be introduced to different styles of dance including jazz and hip-hop and will have fun with music and movement! Wear comfortable clothes and dance shoes, or bare feet. **Instructor Leslie Drew. Town Hall 3rd Floor Auditorium. Limited to 10 participants.**

Register by June 29 and SAVE \$15!

Mondays	9am-10am	7/9-8/13	Res \$60/NRes \$62
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Archery Lessons

Youth & Adult. Learn to shoot like Katniss did in The Hunger Games. Katniss' father and the Gamemakers' training center helped her develop archery skills that were sorely needed for survival in The Hunger Games, even before she became a tribute. No equipment necessary, just bring your willingness to learn how to shoot. **Instructor Dana White. Keyes Field.**

Wednesdays	5:30-6:30pm	6/6-6/27	Res \$57/NRes \$62
Wednesdays		7/11-8/1	
Wednesdays		8/8-8/29	

Learn To Play Tennis



Ages 5+. Geared toward beginner and intermediate tennis players or those who have had no previous tennis experience. Students will learn the game and its fundamentals, hands-on, through fun games and drills. Skills learned include: scoring, forehand and backhand shots, volleys and serving. **Instructor Nancy McManus. Keyes Field Tennis Courts. Rain outs will be made up on Fridays.**

Res \$40/NRes \$60

Session 1 Mon-Thur 9am-12:00pm 6/25-7/6

<input type="checkbox"/> 9-9:30am	<input type="checkbox"/> 9:30-10am	<input type="checkbox"/> 10-10:30am
<input type="checkbox"/> 10:30-11am	<input type="checkbox"/> 11-11:30am	<input type="checkbox"/> 11:30-12pm

Session 2 Mon-Thur 9am-12:00pm 7/9-7/20

<input type="checkbox"/> 9-9:30am	<input type="checkbox"/> 9:30-10am	<input type="checkbox"/> 10-10:30am
<input type="checkbox"/> 10:30-11am	<input type="checkbox"/> 11-11:30am	<input type="checkbox"/> 11:30-12pm

Session 3 Mon-Thur 9am-12:00pm 7/23-8/3

<input type="checkbox"/> 9-9:30am	<input type="checkbox"/> 9:30-10am	<input type="checkbox"/> 10-10:30am
<input type="checkbox"/> 10:30-11am	<input type="checkbox"/> 11-11:30am	<input type="checkbox"/> 11:30-12pm

Session 4 Mon-Thur 9am-12:00pm 8/6-8/17

<input type="checkbox"/> 9-9:30am	<input type="checkbox"/> 9:30-10am	<input type="checkbox"/> 10-10:30am
<input type="checkbox"/> 10:30-11am	<input type="checkbox"/> 11-11:30am	<input type="checkbox"/> 11:30-12pm

MILFORD RECREATION SUMMER 2012

YOUTH PROGRAMS

USTA Jr. Team Tennis League



Ages 7-12. USTA Jr. Team Tennis brings kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. Also, it's a fun environment for kids in which they learn that succeeding is really more about how they play the game - win or lose. **Instructor Nancy McManus. Keyes Field Tennis Courts. Cost includes USTA membership & uniform shirt.**

Register by June 22 and save \$15!

Tuesdays 6-8pm 7/10-8/14

Res \$60/NRes \$65

ADULT FITNESS CLASSES

Biggest Loser: 8-Week Weight Loss & Fitness Challenge



Families & Individuals. Do you look in the mirror every morning and wish there was something you could do to lose weight? Well there is! Join a fun competition to lose weight! We offer a unique 8 week program that gets you motivated to shed those pounds and look and feel great! Fun fitness classes and Keyes Pool pass included. Weekly weigh-ins and discussion topics each Monday evening. **Town Hall Banquet Hall. Must have 8 participants. Sponsored by St. Joseph's Milford Medical Center.**

Monday Weigh-Ins 6/18-8/6 5:45pm

Register by June 8 and SAVE \$15!

\$140 Resident individual/\$160 Non-Resident Individual

\$215 Resident Family/\$265 Non-Resident Family

\$105 Resident & Non-Resident Senior 62+

\$105 Resident & Non-Resident Teens 13-19



6-Week Fitness Flex Pass

Individuals & Families. Come join the fun of these fitness classes offered at the Milford Town Hall! No costly gym membership! Tuesdays - Bootcamp, Wednesdays - Yoga, Thursdays - Tae Kwon Do, Fridays - Zumba. **Town Hall Auditorium.**

Register by June 8 and SAVE \$15!

Session Tuesday-Friday 6-7pm 6/19-7/27

Res \$115/NRes \$135/\$10 Drop-in per class

Res Family \$190/NRes Family \$240



Zumba

Families & Individuals. Zumba is a high-energy, primarily Latin based dance fitness workout that is so much fun you don't even notice you are working out. Do you have moves like Jagger? You'll Salsa, Hip hop, Belly dance, Merengue, Cha-cha, Rock, and more while you burn up to 800 calories an hour! It's like having a party while you are working out! **Instructor Heather Boucher. Town Hall Auditorium. Please arrive 10 min early. FREE complimentary 1st class!**

\$48 per session/\$10 drop-in

Session Fridays 6-7pm 6/8-7/13

Session Fridays 7/20-8/24

Outdoor Bootcamp



18+. Join Laura for some heart pounding interval training at Emerson Park on Tuesday & Wednesday mornings! She will help you train for whatever endurance race you are working to train for this summer. Mix it up with plyo's, battling ropes, monkey bars and much more! **Instructor Laura O'Leary. Emerson Park/Keyes Park - Rain or shine.**

\$48 per session/\$10 drop-in

Session Tuesdays 8:30-9:15am 6/12-7/17

Session Tuesdays 8:30-9:15am 7/24-8/28

Session Wednesdays 5:30-6:15am 6/13-7/18

Session Wednesdays 5:30-6:15am 7/25-8/29



Women's Only Guided Hikes

All Ages. Ever want to go for a hike but not sure how to dress, what to bring or what to expect?

Laura will get you ready and you will be loving the great outdoors. **Instructor Laura O'Leary. Temple Mountain. Must have 6 participants to run program, pre-register.**

\$60/\$12 drop-in

Session Saturdays 9am 5/5-6/9

Session Saturdays 6/16-7/21

Keyes Park Security

Keyes Park is the perfect place for an individual or family to relax and enjoy Milford's recreation facilities. The Town has implemented a proactive plan in an effort to preserve the positive qualities and recreational opportunities of the park. This plan includes onsite park rangers, increased police patrols, and stiff suspensions for infractions of park rules, ordinances or laws. 3 strike suspension schedule has been adopted with the first offense resulting in a 30-day suspension, a second offense in a 60-day suspension and a third offense in indefinite suspension with reinstatement by appeal. For more information on Keyes Park and other Town fields please visit www.milfordrec.com. To report a concern or call for assistance please call the police non-emergency at 673-1414.



MILFORD RECREATION SUMMER 2012

KEYES POOL PROGRAMS

2012 Keyes Pool Pass



As a part of Keyes Pool Pass Registration, you will gain access to Keyes Memorial Pool for open swim. A Keyes Pool pass is required for participation in ALL pool programs.

Milford Res \$20 per pass/\$80 Family pass (4 or more)/Free for children (4 and under) and senior citizens (62 and older)

Non-Milford Res \$40 per pass/\$160 (4 or more)/Free for children (4 and under) and senior citizens (62 and older)

Day Pass \$5 per person/Replacement Pass \$5 per card

Open Swim

Season 6/16-8/25 Mon-Fri 12:15pm-7pm; Sat & Sun 12-7pm



American Red Cross Lifeguard Certification Course



Instructor: Gretchen Dunn gdunn@sprise.com

Ages 15+. The American Red Cross Lifeguard Certification Course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. Covers: surveillance, rescue, first aid, professional rescuer CPR, and professional lifeguard responsibilities. Upon successful completion of the course, the student will be granted a lifeguard training and first aid certification (valid for 3 years) and a CPR/AED for the professional rescuer certification (valid for 1 year). **Minimum of 7 participants. Keyes Memorial Pool. Participants required to be 15 years old by end of course and a pre-course swim test will be given.**

Starts Monday 6/18 3:00pm (times TBD) \$225



American Red Cross WSI Certification Course



Instructor: Gretchen Dunn gdunn@sprise.com

Ages 16+. The American Red Cross Water Safety Instructor Course teaches the skills and knowledge needed to teach swim lessons to all ages. Your certificate entitles you to teach: learn to swim levels 1-6, parent/child aquatics, water safety outreach, basic water rescue, water safety today, home pool safety, parent orientation to swimming lessons. **Minimum of 6 participants. Keyes Memorial Pool. Participants required to be 16 years old by end of course and must know basic swim strokes.**

Starts Tuesday 6/26 1:00pm (times TBD) \$315



American Red Cross Youth Swim Lessons



Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 5+. American Red Cross Swimming Lessons are offered by age and ability level. The Learn To Swim program provides instruction to help swimmers develop their swimming and water safety skills. They are designed to give students a positive learning experience. Each session consists of 8 30-minute classes, including safety program, rules, and ability assessment day. ARC levels 1-4 and competitive swim lessons offered; the Pool Manager reserves the right to transfer students to proper class level. Youth must be 5 years old by start of session. **Keyes Memorial Pool.**

Morning Swim Lessons

Mon-Thur (Fri rain date) Res \$28/NRes \$45 per session

- ☐ 10-10:30am ☐ 10:45-11:15am ☐ 11:30-12pm
☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20
☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17

Evening Swim Lessons (very limited space, register early!)

Mon-Thur (Fri rain date) Res \$28/NRes \$45 per session

- ☐ 5:30pm-6pm ☐ 6pm-6:30pm
☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20
☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17

Aqua Animals Swim Lessons



Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 3-5. These program will teach young swimmers many different swimming and water safety skills and is geared toward the child and instructor - three levels include Guppies, Tadpoles, and Froggies. **Keyes Memorial Pool.**

Morning Swim Lessons

Mon-Thur (Fri rain date) Res \$28/NRes \$45 per session

- ☐ 10-10:30am ☐ 10:45-11:15am ☐ 11:30-12pm
☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20
☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17

Evening Swim Lessons (very limited space, register early!)

Mon-Thur (Fri rain date) Res \$28/NRes \$45 per session

- ☐ 5:30-6pm ☐ 6pm-6:30pm
☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20
☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17

MILFORD RECREATION SUMMER 2012

KEYES POOL PROGRAMS

New! Competitive Swimming Lessons



Instructor: Lifeguard/WSI Staff

Ages 8-18. Class focuses on perfecting the four competitive strokes, racing starts and turns. This will not meet the needs of children who need beginning to advance beginning swim instruction. **Keyes Memorial Pool.**

Mon-Thur (Fri rain date)

11:30am-12pm Res \$28/NRes \$45 per session

☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20

☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17



Swim Like A Fish: Parent & Child Swim Lessons

Ages 6mos.-3yrs. Instructor: Keyes Pool Lifeguard/WSI Staff

Parent and Child Swim Lessons are designed to develop fundamental swimming skills at an early age including increasing level of instruction between parent and child, creating a positive experience for the child in the water, and introducing basic aquatic safety. These skills can be used in water recreational activities when they are older and help to form a foundation for swimming as a lifelong physical fitness activity. **Keyes Memorial Pool.**

Res \$15/NRes \$25 per session

☐ Mon+Wed 9-9:30am ☐ Tue+Thur 12:15-12:45pm

☐ Session 1 6/25-7/6 ☐ Session 2 7/9-7/20

☐ Session 3 7/23-8/3 ☐ Session 4 8/6-8/17

Milford Keyes Swim Team



Ages 4-19. Team Coaches: Molly L.

Milford Keyes Swim Team offers a swim team experience for a variety of abilities and ages. The Recreation Swim Team program offers swimmers the opportunity to advance their skills in strokes. The primary goal is skill development. Milford Keyes Swim Team is a part of the GSSA. **Keyes Memorial Pool.**

Season 6/18-8/5

Res \$65/NRes \$80 for season

☐ 11 & Up 7-8:30am ☐ 12 & Under 8:30-9:30am

Scholarships Program scholarships are available for Milford residents. Please contact the Milford Recreation Department for more details at 603-249-0625.

Synchronized Swimming



Instructor: Laura S.

Ages 8-18. Instruction will focus on basic movements, development of routines and conditioning swim practices. There will be a synchronized swimming show at the end of the program. Participants must be comfortable in deep water and submerging activities. Swim caps and nose plugs are needed. **Keyes Memorial Pool.**

Session 7/10-8/16

Res \$45/NRes \$60

Tue+Thur 12:15-1pm

New! Swim Stroke Clinic



Instructor: Nick C.

All Ages. Are you training for a Triathlon? Can swim but want to be faster? Do you want a GREAT workout? Are you a beginner? Or intermediate-advanced swimmer? Than this clinic is for you! **Keyes Memorial Pool. Minimum 2 participants required to run each clinic.**

12pm-1pm *\$20/clinic *\$100 for all 6 clinics

Saturdays June 23, 30; July 7, 28; August 11, 18

(*must purchase day pass or have valid Keyes Pool Pass)

Senior Water Fitness



Instructor: Gretchen Dunn

Seniors. Low impact water program helps improve flexibility and mobility for both swimmers and non-swimmers. This class meets in the shallow end of the pool. Each class period includes time for individual exercise activities and/or lap swimming. Classes are designed to give participants a positive learning experience. **Keyes Memorial Pool.**

Session 7/9-8/15

Res \$15/NRes \$25/Drop-in \$2

Mon+Wed 12:15-12:45pm



44th Annual Milford Rotary Swim Meet

Swim with the Milford Keyes Swim Team! Join the fun! For more information contact the Milford Rec Dept. or click on www.milfordrec.com. Keyes Pool will open for public swim at 4pm or at the end of the swim meet.

July 21st & 22nd at Keyes Memorial Pool

State Swim Meet

Milford Keyes Swim Team is proud to host the championship state swim meet! Join the fun, swim with the MKS team or come cheer them on. Keyes pool will be closed for the day for this swim meet event.

August 4 (rain date August 5) at Keyes Memorial Pool